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AMENDMENTS TO THE SPECIFICATION

Please replace the paragraph beginning at page 1, line 1 with the following amended paragraph:

This application is a continuation-in-part of U.S. Patent Application Serial No. 10/017,180 entitled "Methods for Reducing Chronic Stress in Mammals" filed ~~concurrently~~ here with (Attorney Docket No. jbp-570) December 7, 2001 which claims priority to U.S. Patent Application Serial No. 60/256,813, filed December 20, 2000, the disclosures of which are hereby incorporated by reference.

Please replace the 3rd paragraph at page 9 with the following amended paragraph:

The method of the invention may also include olfactory sensory experiences, such as fragrances. Fragrances that the user finds pleasant and to have a calming effect on their mood are useful in the practice of this invention. Suitable fragrances include relaxing fragrances, but are not limited to those perfume compositions described in UK application 0031047.4 (now International Publication Number WO 02/49600 A1) the disclosure of which is hereby incorporated by reference. Also suitable are the fragrances described in co-pending U.S. Patent Application Serial No. 09/676,876, filed September 29, 2000 entitled "Method For Calming Human Beings Using Personal Care Compositions", the disclosure of which is hereby incorporated by reference. Generally, the fragrance can be any fragrance that is perceivable and relaxing to the user and will downregulate the activity of the HPA axis. Suitable fragrances include relaxing fragrances, including but not limited to those relaxing fragrances available from Quest International, an example of which is PD 1861 and described in UK application 0031047.4 (now International Publication Number WO 02/49600 A1). When the fragrance is present in the anti-acne composition, the stability of the fragrance in the presence of the anti-acne agent should be such that it remains perceivable and relaxing to the user.